living well eating smart®

# May 2022

## Virtual Nutrition Events

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1 | 2<br>Fueling Your Workouts<br>1:00 – 2:00 PM | 3<br>Gluten-Free Diets Facts and Fiction<br>10:00 – 11:00 AM<br>Living with Diabetes<br>7:30 – 8:30 PM | 4<br>Kids Get Cooking: Tres Leches Cake<br>11:00 – 11:45 AM<br>Exploring the Mediterranean Diet<br>5:30 – 6:30 PM | 5<br>Eating Behavior Management Series<br>4:00 – 5:00 PM<br>Kids Get Cooking: Fish Street Tacos<br>6:00 – 7:00 PM | 6 | 7<br>Heart-Healthy Cooking Tips<br>10:00 – 11:00 AM |
| 8 | 9<br>Eat What's in Season for Early Spring<br>1:00 – 1:45 PM | 10<br>Healthy Eating on a Budget<br>7:30 – 8:30 PM | 11<br>Gluten-Free Whole Grain Blender Muffins<br>10:00 – 11:00 AM<br>Navigating Summer Cookouts with Diabetes<br>7:30 – 8:30 PM | 12<br>Better BBQs and Picnics<br>3:00 – 4:00 PM<br>Mindful Eating<br>4:00 – 5:00 PM<br>Let's Get Cooking 101: Make Mine Mediterranean<br>6:00 – 7:00 PM | 13 | 14 |
| 15 | 16<br>Veggie Gardening for Beginners<br>12:00 – 1:00 PM<br>Strong Bones for Life<br>3:30 – 4:30 PM | 17<br>Exploring the Mediterranean Diet<br>2:00 – 3:00 PM | 18<br>Strong Bones for Life<br>6:30 – 7:30 PM | 19<br>Eating Behavior Management Series<br>4:00 – 5:00 PM<br>Better Barbecues and Picnics<br>7:30 – 8:30 PM | 20<br>Hydration Heroes<br>10:00 – 11:00 AM | 21<br>Kids Get Gardening: Green Bean Planting<br>10:00 – 10:45 AM<br>Navigating Summer Cookouts with Diabetes<br>10:00 – 11:00 AM |
| 22<br>Kids Get Cooking: Fish Street Tacos<br>4:00 – 5:00 PM | 23<br>Healthy Grilling<br>3:30 – 4:30 PM | 24<br>Light and Nutritious Picnic Foods<br>1:00 – 1:45 PM | 25<br>Gluten-Free Diets Facts and Fiction<br>6:00 – 7:00 PM<br>National Brown Bag It Day<br>7:30 – 8:30 PM | 26<br>Eating for Healthy Skin<br>3:00 – 4:00 PM<br>Let's Get Cooking 101: Fast & Flavorful Stir Fry<br>6:00 – 7:00 PM | 27<br>Eat What's in Season for Early Spring<br>10:00 – 10:45 AM | 28 |
| 29 | 30 | 31<br>Make Every Bite Count<br>10:30 – 11:30 AM<br>Kids Get Cooking: Watermelon Strawberry Shake<br>11:00 – 11:45 AM<br>Eating for Healthy Skin<br>7:30 – 8:30 PM | | | | |

Presentation
Support Group
Hands-On Kid Activity
Cooking Demo
Virtual Store Tour

*Learn something new with our* ***FREE Virtual Nutrition Events!*** *Led by registered dietitians, we offer fun & educational events for the whole family.*

***For full event descriptions & to register, visit www.bigy.com/LivingWell/GetSocial or Scan this QR Code.***